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You can't get an F, or an A, at this local high school

Post-secondary prep?

Opinions divided on
grading at Robert
Thirsk High School

Calgary's newest high school is allowing students to re-write tests and assignments and count only their highest mark, while also introducing a new report card system that abandons A-to-F grades.

Students at Robert Thirsk High School are given multiple "windows" to complete overdue work — sometimes under the watchful eye of an instructor — and a shiny new rubric offers up grades like NM (not meeting) for students under 50 per cent, to C (competent) for those between 70-79 per cent and E (exemplary) for those higher than 90 per cent.

The Thirsk model, which appears to be unlike any other in Calgary public high schools, is generating heated debate among both parents and education watchers outside the school.

"Some have said it's soft-learning or called us a teddy bear school," conceded Heather Fitch, who has a son in Grade 10 and sits on the parent council.

"But I just love it," she added. "A lot of kids do better when the pressure is not all or nothing. There's different ways to show you're capable of learning ... they (students) are just way more connected to the teachers."

Lynden Dorval, a teacher of 35 years, was fired from Edmonton's Ross Sheppard High School in 2012 after refusing to comply with a policy that saw no student given a grade of zero. Metro

provided Dorval with documents outlining assessment at Thirsk and he was quick to raise concerns about how it would prepare students for the more competitive world of post-secondary education.

"I've experimented with many of these things in the past and just abandoned them eventually," Dorval said, before also questioning how already swamped teachers would make time to allow for repeated assignment and test rewrites.

"In theory, it sounds good — in practice, I think it's going to be a disaster," he added.

The CBE, meanwhile, said it was a bit premature to discuss the Thirsk assessment model at length, at least until a presentation outlining the K-9 report card changes was heard by the board of trustees in February.

JEREMY NOLAIS/METRO



VIGIL FOR THE VOICELESS

Greg Habstritt explains to his five-year-old son Cooper why he and dozens of others gathered for a candlelight vigil Sunday night in memory of a cat and dog found dead in a southeast Calgary alley with their mouths taped shut. It's believed at least the dog starved to death. Habstritt is president of Vets To Go, which announced a \$5,000 reward for information leading to a conviction in an ongoing animal abuse investigation. Vets To Go also began raising money to boost the reward online and had topped \$45,000 at press time. For full coverage, see page 4. JEREMY NOLAIS/METRO

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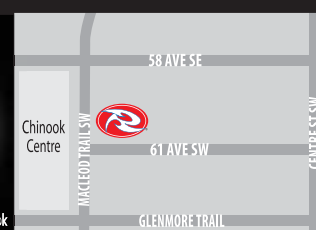
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Southview

Homicide unit probes death

Police were investigating a suspicious death in south-east Calgary as a possible homicide Sunday night.

Police were dispatched to the 2000 block of 25 Street SE after receiving a report of a person found dead inside a Southview residence. Duty Insp. Joel Matthews said the report came in just after 4 p.m. from a roommate who found the body. "At this point it's suspicious because no cause of death has been confirmed," he said. An autopsy is scheduled for today. **METRO**

'Engineered walkways'

Some walkways in clearing limbo

Keeping Calgary's sidewalks clear of ice and snow is up to the owners or residents of adjacent properties, but currently the responsibility for regularly clearing dozens of kilometres of "engineered walkways" falls to no one in particular.

There are thousands of paved paths throughout Calgary, totaling 78.2 kilometres in length, according to a report due at the city's transportation and transit committee this week.

The walkways provide pedestrian access through neighbourhoods, connecting people to transit stations, schools and shopping centres, but are maintained only upon request and with a "low priority," the report states. It would cost the city \$2 million up front and about \$3.3 million a year to do regular snow-and-ice control on the walkways, according to the report. **ROBSON FLETCHER/METRO**



Sidewalks in many parts of the city looked more like skating rinks over the weekend, after daytime melting and overnight freezing. **ROBSON FLETCHER/METRO**

Icy sidewalks lead to spike in injuries

Protect yourself. EMS recommends footwear with good tread, sturdy ankle support



ROBSON FLETCHER
robson.fletcher@metronews.ca

Thirty people fell on icy walkways and suffered injuries requiring emergency medical attention in a span of 48 hours from Friday to Sunday, which officials describe as higher than usual, even for this time of year.

"We expect to see a rise in the number of ground-level slips and falls, but this is cer-

tainly a higher number to see in such a short span of time," EMS spokesman Stuart Brideaux said Sunday.

Most of the injuries have been minor, but Brideaux said some involved "very obvious" fractures of wrists, ankles, hips and knees.

The injuries happened throughout the city, he added, sometimes on people's own driveways or outdoor stairs, other times on public sidewalks.

Mayland Heights resident Dustan Walker said many of the older people in his community aren't able to clear their sidewalks of heavy snow and constantly re-freezing ice.

Under Calgary's bylaws,

it's the responsibility of residents to clear snow and ice from the sidewalks adjacent to their properties within 24 hours of a snowfall.

Walker said he lends a hand to as many neighbours as he can but can't help them all and thinks the city should do more to make sidewalks passable for pedestrians in situations like this.

"What I'm frustrated with is that the city is spending so much money removing snow from streets ... while our sidewalks are just a mess," he said.

Paul Fairie, a professor in municipal governance at the University of Calgary, said cities across Canada leave it up to residents to clear side-

Sanding and salting

A free sand and salt mixture for use on public sidewalks is available at most fire stations and roads-maintenance district offices in Calgary.

- Residents can take as much as they need, but are asked to bring their own containers to fill.

walks, but the recent weather has made too many local sidewalks "almost impassable."

"The city needs to take some responsibility to, at the very least, guarantee that an accessible network is available at all times," he said.

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Roughly 100 pay respects to animals found dead in alley

Investigation continues. Award for information on suspect multiplies by more than eight times



JEREMY NOLAÏS
jeremy.nolais@metronews.ca

Animal lovers young and old bundled up and ventured out Sunday to a candlelight vigil in memory of a cat and dog both found dead in a southeast Calgary alley with their mouths taped shut.

Roughly 100 turned up at the vigil in Sue Higgins Park, the city's largest off-leash area,

Quoted

"It's horrifying to think of what they went through ... I felt like I had to do something."

Tamara Wrigley, founder of group A Voice of Abused and Neglected Animals in Calgary and organizer of Sunday evening's Sue Higgins memorial

and some brought their own furry friends along.

"I hope they catch whoever did this and I hope they're stiff on them," said Brad Chalifoux, who attended alongside his Siberian husky Dexter.

The husky and a cat were discovered on consecutive Thursdays in an alley in the 200 block of 99 Avenue SE. Both were found with tape over their mouths and it's believed at least the husky died of starvation. Test results on the cat's cause of death have not been released.

Vets To Go, a local company that has been pushing for stricter Criminal Code penalties for animal abusers, announced Thursday that it was contributing \$5,000 as a reward for information leading to a conviction in the deaths, but also expressed hope a crowd funding effort would double that amount to \$10,000.

By evening, the reward had swelled to more than \$46,000.

"It's just been extraordinary," said Vets To Go President Greg Habstritt. "I think it speaks to the outrage people are feeling about this. It also

speaks to the fact that people are tired of watching people that are eventually apprehended and convicted of crimes against animals getting let off with a slap or a fine or being treated like they were dangerous drivers or something."

Chalifoux contributed \$100 to the fund and said he fully agrees on the need for stricter penalties.

"We almost need to treat it just like we do with humans," he said.

Alberta Sol. Gen. and Justice Minister Jonathan Denis was also in attendance — Sue Higgins Park is in his Calgary-Acadia riding. He promised vigil organizers he could carry the petition forward to the legislature if asked.

"The fact that we have over 100 people here on a cold winter night tells me this is very much on people's minds," he said. "I'm shocked and disgusted at what happened."

The Calgary Humane Society is investigating both deaths and has said the penalty for this abuse could amount to five years in jail and a fine of up to \$20,000.



A poster is seen at a candlelight vigil held at Sue Higgins Park Sunday evening. Two animals were found recently in a southeast Calgary alley with their mouths taped shut. Those responsible remain at large. JEREMY NOLAÏS/METRO

Reports of animals with mouths taped lead to investigation

RCMP, bylaw officers and animal rescue groups worked collectively over the weekend in hopes of tracking a dog reported to be running free with tape over its mouth in an area west of Edmonton.

The report comes in the wake of two grisly discoveries in the same Calgary alley in

just a week's time. On Jan. 9, a husky was found starved to death with tape over its mouth and on Thursday a cat who had seemingly suffered the same abuse was found just 10 metres away.

But Amber Klepadlo, with Duke and Duchess Animal Rescue Society, said reports of a tan

shepherd also with its mouth taped first came in Wednesday from some rig workers operating just south of Darwell, a community located about an hour's drive northwest of Edmonton.

"It's brutal," she said, adding the dog hadn't been spotted in 48 hours as of Sunday morning.

"If anyone sees it, they can call us. They can try to approach it too, but it might run off again."

Klepadlo said a joint search involving SPCA, area law enforcement and her agency was held Saturday but turned up nothing.

Other animal rescues are also being hit with reports of

animals with their mouths taped, but not all appear to be credible. The Edson Animal Rescue Society was looking into reports of a black-and-white dog also with its mouth taped but now believes it was a "misinterpretation," according to representative Amy Smith.

JEREMY NOLAÏS/METRO

Animal Rescue Society

If you spot the dog being searched for near Darwell, you can contact Amber Klepadlo with Duke and Duchess Animal Rescue Society at 780-721-1827.



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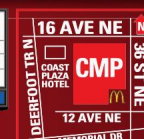
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Honour the Treaties. At final Calgary show, Young declares tour a success

Canadian rocker Neil Young says his Honour the Treaties tour has accomplished what it set out to do, surpassing its fundraising goal for a Northern Alberta First Nation fighting oil-sands development and raising awareness of the broader issue of aboriginal rights.

"We have succeeded beyond our wildest dreams in raising money for legal defence of the First Nations. Global environmental forces are joining us now with financial resources and it's now because of the Canadian people's awesome



Neil Young THE CANADIAN PRESS

response to our call for justice," Young told before the final show of the four-stop circuit in Calgary, the financial heart of Canada's oilpatch.

THE CANADIAN PRESS

Crowfoot, Dalhousie

Service back at two LRT stations

Service has been restored at two northwest Calgary LRT stations after overhead power lines were damaged last week.

Crowfoot and Dalhousie Stations were shutdown Tuesday and only partially

restored later in the week.

Shuttle buses had been running to close the gap in service.

"We hoped to be back for the Monday morning commute," said Calgary Transit spokesperson Ron Collins shortly after his organization announced the resuming of service Sunday. "We're in advance of that, so that's good news for customers." METRO

Hockey family talks line brawl

Saturday night's all right for fighting?

10-man NHL fight started on opening faceoff, netting 142 penalty minutes and eight ejections in two seconds of game time



ROBSON FLETCHER
robson.fletcher@metronews.ca

Saturday night's line brawl between the Calgary Flames and the Vancouver Canucks reignited debate over the place of fighting in hockey, dividing Calgaryans and sometimes even family members.

"It's horrible, from my point of view," said hockey mom Rachelle Buffam as she watched her seven-year-old son Tobias play goalie at Village Square Arenas on Sunday.

"It's teaching children at a young age to start off a game like that," she added. "On TV and in the media, I mean, this is what the kids see."

But Tobias' older brother, 22-year-old Tyler Villanueva,



Rachelle Buffam and Tyler Villanueva talked about fighting in hockey while watching seven-year-old Tobias Buffam, in goal on the ice below, at Calgary's Village Square Arenas on Sunday. ROBSON FLETCHER/METRO

It's everywhere

"Even at our son's daycare, I was told that during free time at the gym, the kids are pretending they're going to throw the gloves down and they think that it's fun — that they're going to start fighting." Hockey mom Rachelle Buffam

wasn't so sure.

"I kind of think the opposite, because I've been around the game," he said. "I just think it's part of the culture and the culture also teaches

when it's appropriate and when it's not."

Buffam said the influence from the professionals is visible, however, even at Tobias' novice level.

"You don't see (fights), but sometimes you see the little nudges here and there that the kids are starting to pick up," she said. "You can tell they're starting to get geared up for the next level."

One point where both agreed, was on the influence of youth coaching.

"The coaches do a great job, teaching them the skills more than any of the other stuff," said Villanueva.

"They focus a lot on the skills and the game, itself," added Buffam. "So that helps."

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Members of the Cowtown Opera Company with director Aaron Coates of Dirty Laundry brainstorm for their Ten-Minute Play Festival show in the High Performance Rodeo on Friday night. ALLISON PARDER/FOR METRO

Opera and death meet prop comedy

High Performance Rodeo. One sentence, one prop, one bizarre improv masterpiece

ALLISON PARDER
calgary@metronews.ca

Adrenaline, lack of sleep and a meeting of creative minds resulted in a sold-out performance last weekend for the High Performance Rodeo's Ten-Minute Play Festival.

More than 400 people filled Martha Cohen Theatre to watch six groups perform

short shows based on a single line of text and a single prop.

Cowtown Opera Company, the first-ever opera group in the rodeo, was given "a perfect combination of violent action taking place in an atmosphere of total tranquility" — and six tennis balls.

"The quote fit opera perfectly because in opera somebody always dies, so in the end we're going to have everybody die," said lyric soprano Barbara Thorson.

Around a table of gourmet doughnuts and coffee, the group began throwing out ideas and quickly agreed on Wrecking Balls, the Opera.

"I went out to get us coffee

and when I came back they had come up with the idea.... I just loved it," Thorson said.

Cowtown's director Aaron Coates filled a large mirror with sticky notes, and detail by detail, the plot unfolded.

"We came up with the idea of having a castrato using the tennis balls. We're also using them for therapeutic balls in an opera yoga class," Thorson explained.

The final piece mish-mashed modern references like Miley Cyrus with well-known opera hits.

According to Thorson, the group enjoyed the experience so much that they hope to take on the challenge again in 2015.

High-risk release

RCMP warn of sex offender

RCMP on Alberta's Blood Tribe lands are warning about the release of a high-risk sex offender, who was convicted of voyeurism for peering into a Calgary couple's southeast home.

Keegan Speechchief was released Friday after serving nearly three years for assault, voyeurism and breach of probation. He also pleaded guilty in 2010 to assaulting a woman.

Speechchief also served time for multiple break-enters, including one where he sexually assaulted a minor. **METRO**

Weapon recovered

Man held after machete attack

Police have a man in custody after a Calgary home invasion and an attack on another area resident who was on his way home from a pub overnight Saturday.

Officers were first called to the 300 block of 26th Avenue NE around 12:20 a.m. after a man reported his roommate's arm had been slashed by a man with a machete as he walked home from a nearby bar.

Police patrolled the area and soon took a suspicious male into custody. A machete was discovered under a vehicle nearby. **METRO**

Sienna Heights Way

Cops hunt man who exposed himself to girls

Police are seeking a suspicious person who exposed himself to two girls in southwest Calgary on Sunday.

The girls were walking in the 400 block of Sienna Heights Way SW when they were approached by the man, who then fled in a grey sedan.

The man is described as Hispanic, about five-foot-nine with a medium build, acne and short black hair.

METRO

Anti-protest laws in Kyiv spark clashes with police



Opposition leader and former WBC heavyweight boxing champion Vitali Klitschko, centre, is attacked and sprayed with a fire extinguisher as he tries to stop the clash between police and protesters in central Kyiv, Ukraine, Sunday.
EFREM LUKATSKY/THE ASSOCIATED PRESS

New mass disorder charges invoked. Ukrainian ministry says convictions could bring prison sentences of up to 15 years

Thousands of anti-government demonstrators clashed for hours with riot police in Ukraine's capital Sunday, attacking officers with sticks, stones and flares after new laws were passed to stifle protests. Dozens of people,

including more than 20 police officers, were injured.

The protesters, many wearing hard hats and gas masks in defiance of the new legislation, also used stun grenades and fire extinguishers on officers. A police bus was set on fire, and some activists broke pavement into chunks.

Police responded by using tear gas and stun grenades of their own. Water cannons were also fired at the protesters in temperatures of -8 C, but the clashes continued.

The violence seriously escalated Ukraine's political

crisis, which erupted two months ago after President Viktor Yanukovich's decision to freeze ties with the European Union and seek a huge bailout from Russia.

The decision set off round-the-clock protests in Kyiv's centre, where demonstrators built a large tent camp. The protests have been mostly peaceful, but anger rose sharply after Yanukovich on Friday approved laws sharply limiting Ukrainians' rights to protest, civic activism and free speech. The U.S. called that legislation "undemocratic." **THE ASSOCIATED PRESS**

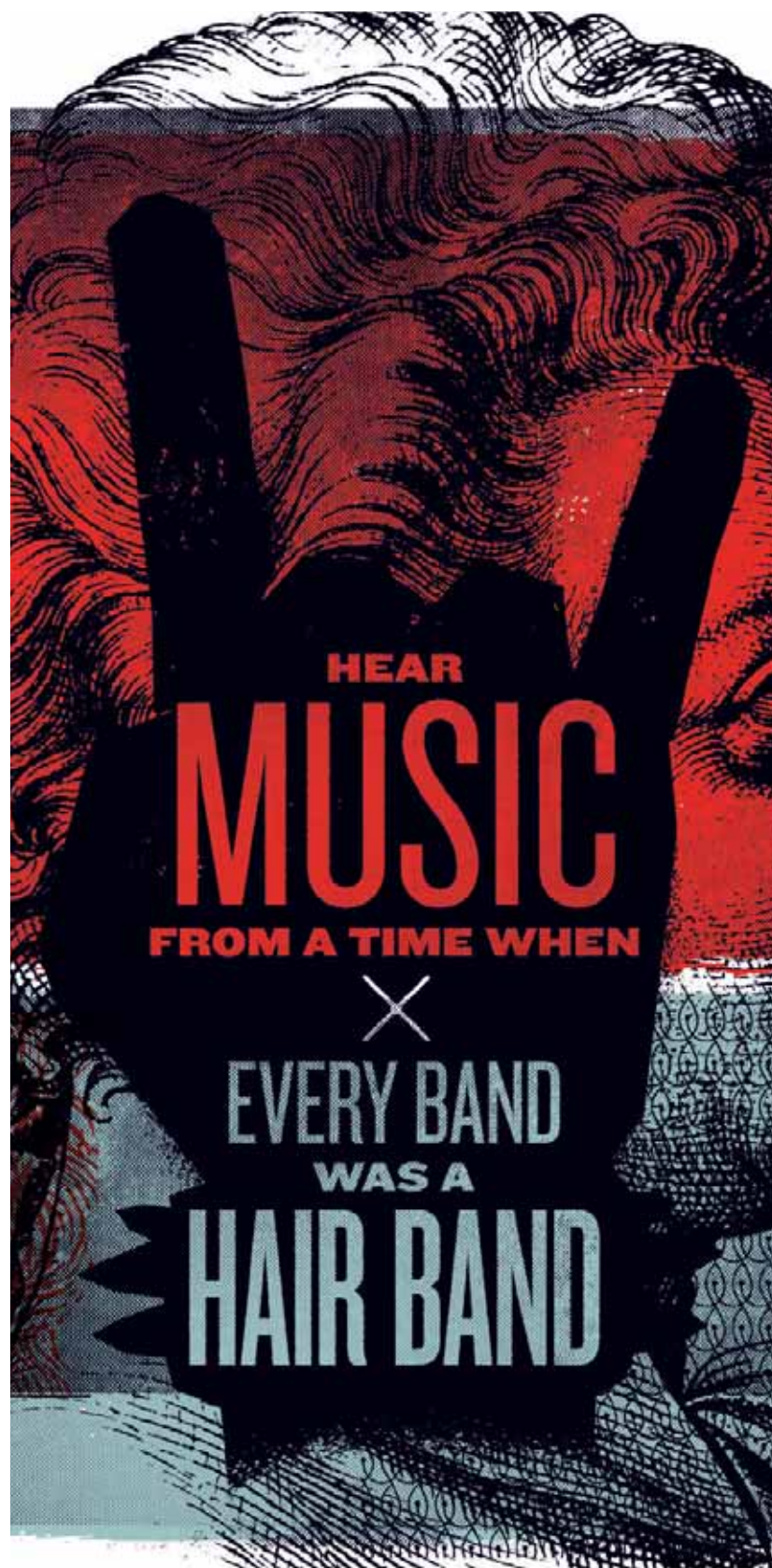
Militant group's video threatens Sochi Olympics

An Islamic militant group in Russia's North Caucasus has claimed responsibility for twin suicide bombings in the southern city of Volgograd last month and posted a video threatening to strike the 2014 Winter Olympics in Sochi. There had been no previous claim of

responsibility for the bombings, which killed 34 people and heightened security fears before next month's Olympics. In the video, two Russian-speaking men sitting in front of black banners with Arabic verses warn President Vladimir Putin that if the games are held, "we

will give you a present for the innocent Muslim blood being spilled all around the world." They add that "for the tourists who come there will be a present too." The video was posted Sunday on the website of the militant group Vilayat Dagestan.

THE ASSOCIATED PRESS



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Canadians killed in Kabul remembered as 'dedicated,' 'good persons'

Two Canadians killed in a suicide bombing at a restaurant in Kabul Friday were "dedicated" workers contributing to the "peace and security" of Afghanistan, co-workers and family members said.

Daniel Charron, a partner at Samson and Associates, where Peter McSheffrey and Martin Glazer worked as ac-

countants, said employees at the Gatineau-based firm are devastated.

A suicide bomber walked into La Taverna du Liban, a popular restaurant frequented by foreigners in Kabul, followed by two armed gunmen who opened fire on patrons during dinner. McSheffrey, who was in

his early 40s, and Glazer, 49, were among the 21 people killed, 13 of which were foreigners.

"They were taking a lot of pride in their work. They were good persons with a good heart," Charron told Metro on Sunday.

McSheffrey, of Ottawa, and Glazer, of Gatineau,

Que., were hired by the Canadian International Development Agency to audit an international organization in Kabul which received funds from the government of Canada, said Charron. They were scheduled to return to Canada this week.

JOE LOFARO/METRO IN OTTAWA
WITH FILES FROM THE CANADIAN PRESS

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Prime Minister Stephen Harper meets with Israeli Prime Minister Benjamin Netanyahu in Israel, the West Bank and Jordan. SEAN KILPATRICK/THE CANADIAN PRESS

PM Harper 'great friend'

Mideast trip. PM will address Knesset, meet with the president of the Palestinian authority and also visit Jordan during his six-day visit

Prime Minister Stephen Harper basked in a hero's welcome in Israel Sunday as he arrived for his inaugural visit to the Middle East, taking in a mountaintop view of Old Jerusalem before his Israeli counterpart literally rolled out the red carpet.

Harper is "a great friend of Israel and the Jewish people," Prime Minister Benjamin Netanyahu said at an elaborate welcome ceremony for Harper held inside a tent pitched outside his office that featured the two leaders reviewing an honour guard as a military band played.

Chatting amiably, the two men then greeted a receiving line of several high-ranking Israeli and Canadian cabinet

ministers, diplomats and rabbis from both countries.

Netanyahu told the reception that Harper has shown "great moral leadership" in fighting terrorism and taking a stand against anti-Semitism and Iran.

"I think in all this, and in so many other things, you've shown courage, clarity and conviction," Netanyahu said. "The people of Israel and I deeply appreciate your friendship, and the friendship of the people of Canada to us."

Netanyahu's remarks came after the weekly Israeli cabinet meeting earlier Sunday, in which he exalted Harper once again to his fellow Israeli politicians.

"Prime Minister Harper articulates a clear, courageous and moral stance in relation to the truth and the standards needed by the international community regarding Israel and the conflict here," he said.

"I think he has taken a moral stand worthy of admiration, and I welcome him on behalf of the Israeli government and on behalf of all the



in Jerusalem on Sunday. While in the Middle East, Harper will visit

hailed as a of Israel'

Details

- Harper is travelling with six cabinet ministers, a senator, 30 business executives, 21 rabbis and a priest.
- Harper will be the first Canadian prime minister ever to address the Knesset.

foreign affairs minister, and Vivian Bercovici, Canada's ambassador-designate to the Jewish state.

The Harpers then travelled via motorcade along a winding, scenic highway to Mount of Olives to take in its spectacular views of Old Jerusalem. At various points along the way, children stood at the side of the road waving as they watched the motorcade go by.

"This is a historic occasion," said Natural Resources Minister Joe Oliver, one of the Canadian cabinet ministers in Israel this week.

But Oliver said the visit was critical not just because it forged closer political ties between the two countries, but also on the commerce front.

"There's an opportunity that didn't exist before to actually play a role in the development of Israel's natural resources because they found the largest discovery of natural gas in the last 10 years," he said. "And we have a lot of expertise, obviously, in off-shore and non-conventional oil."

THE CANADIAN PRESS

Obama: Marijuana no more dangerous than alcohol

U.S. President Barack Obama said he doesn't think marijuana is more dangerous than alcohol "in terms of its impact on the individual consumer."

"As has been well documented, I smoked pot as a kid, and I view it as a bad habit and a vice, not very different from the cigarettes that

I smoked as a young person up through a big chunk of my adult life. I don't think it is more dangerous than alcohol," he said in an interview with The New Yorker.

Smoking marijuana is "not something I encourage, and I've told my daughters I think it's a bad idea, a waste of time, not very healthy,"

Obama said.

The president said it was important for the legalization of marijuana to go forward in those states to avoid a situation in which only a few are punished while a large portion of people have broken the law at one time or another.

THE ASSOCIATED PRESS

Webbing Ball

Spidey Cyrus twerk for mates

Think Miley Cyrus, but with more legs. Black widow spiders use abdominal movements not unlike twerking, the hip-shaking dance move made famous by Cyrus, to navigate the world of arachnid mating, according to a newly published study from a team of B.C. researchers.

THE CANADIAN PRESS

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Buyer beware: The bitcoin bonanza



HOW TO ROLL
Allison Griffiths
metronews.ca

Is it currency, speculation, a black market tool or an investment? Bitcoins are actually all four. For those who bought the cyber- or crypto-currency in 2011 at \$0.30 US per unit, or even early last year when the price had jumped to \$13 US, it's been a whale of a deal. Today, a single bitcoin is worth \$866 US.

Some merchants are attracted to bitcoins because transaction fees are lower than with credit cards. Another virtue is that they can be converted to local currency within 24 hours, which may appeal to travelers (changing currency can be an expensive nuisance,

and using a Canadian credit or debit card in other countries racks up exchange fees).

Many traditional merchants are now advertising that they accept bitcoins in a push to draw customers. However, if digi-money takes hold, it will likely be through online retailers such as recent convert Overstock.com.

A recent Montreal Economic Institute paper noted that because bitcoin is both a payment method and currency, it could become an international platform for many banking services.

Still, without government oversight to reduce speculation, volatility and fraud, bitcoins are too easily tainted. Thefts of the digital money, which have been on the increase worldwide, and the 2011 shutdown of the il-

Risky business

Buy the cyber-currency at your own risk.

- While physical bitcoins exist, they're mainly for collectors. A bitcoin wallet is like a virtual bank account with token-like credits purchased for cash. There is no personal identification attached to the wallet, just a bunch of computer codes.
- The currency is available through an increasing array of bitcoin exchanges or in private transactions
- There are now bitcoin ATMs popping up across Canada (in Toronto, Vancouver and Ottawa, with more on the way) where cash gets you digital dough.
- If lost, stolen by hackers or left on your recycled old smartphone or tablet, kiss the currency goodbye.

where a bitcoin holder transfers them into your "wallet" in return for payment.

licit drug site Silk Road cast a pall over the currency.

Nonetheless, there are predictions that a single unit will be worth as much

as \$100,000 US one day soon. If you dip your toe in, recognize that the bitcoin world is still high-wire risky.



A sign on the front door of a bar in Australia tells customers bitcoins are accepted. Many merchants are embracing the digital-currency craze. GETTY IMAGES FILE

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THE STREETS WE LOVE TO HATE

Calgary is slowly evolving into a city of beautiful streets.

Look at Memorial Drive, with its perfect view of the Peace Bridge. The New York Times ran a nighttime photo from that angle when it named Calgary one of the "52 places to go in 2014."

And last week, the city got a new glimpse of East Village's future with a video portraying walkable, tree-lined streets amid sleek condos and storefronts.

People-friendly streets are the way of the future, here and elsewhere.

Still, there's something oddly comforting about Calgary's ugly roadways, the ones we love to hate. I love strolling through Kensington, but I also like running errands in Sunridge or Deerfoot Meadows.

Which gets me wondering: What are the best worst streets in Calgary — streets that are neither beautiful nor walkable, but strangely lovable nonetheless?



URBAN COMPASS

Jeremy Klaszus

calgary@metronews.ca

Here are a few nominees.

1. Macleod Trail. The beat-up, chain-link fence bisecting Macleod by Chinook Centre sums up this street's aesthetics. In a word: Hideous. After hiking Macleod by foot from south to north in 2006, writer Harry Vandervlist observed that Macleod is "all noise, dangerous and harassing off-ramps and entrances and intermittent sidewalks that end without warning." Walking there, he concluded, is "just dumb."

On the plus side: Malls, restaurants and stores galore. Kingsland Farmer's Market. You can find it all on Macleod — but you'll need a car.

2. Deerfoot Trail. Everyone knows its flaws. The Glenmore squeeze. Disappearing lanes. The curving CalFrobe Bridge. Rush-hour gridlock.

Still, when it's not rush hour, Deerfoot is dreamy. And it's a pleasing gateway to the city from both north and south.

3. Crowchild Trail. In rush hour Crowchild is a tangled, insufferable mess.

But Crowchild is also home to Calgary's most impressive driving maneuver: 10 Avenue SW to eastbound Memorial Drive via northbound Crowchild. The on-ramp from 10 Avenue nearly runs into the Memorial exit ramp. To succeed, though, you must cross multiple Crowchild lanes in about 2.5 seconds.

You're a true Calgarian when you can pull off this death-defying stunt without breaking a sweat.

4. 36 Street NE. Sadists designed this street. It has the ugliness of Macleod Trail with the added affliction of a surface-level LRT track down the middle. This means left-hand turns off 36th occur approximately once every five hours, on a good day.

What redeems this road? Marlborough Mall, with its charmingly garish entranceways and complete lack of pretentiousness.

5. 16 Avenue (Trans-Canada Highway). It's start-and-stop traffic from Deerfoot westward. On the plus side, over the past decade the city has improved the streetscape by widening sidewalks and putting islands of trees down the middle. SAIT has also done its part with its shiny new Trades and Technology Complex. The building's curvilinear roof makes sitting in traffic slightly more bearable.

ZOOM

Yet another weird festival in Spain



This one involves throwing turnips

A man throws a turnip at the Jaramplas as he makes his way through the streets beating his drum during the Jaramplas Festival on Sunday in Piornal, Spain.

The centuries old Jaramplas festival takes place annually every Jan. 19-20 on Saint Sebastian Day. Every year one citizen is chosen to be the scape goat, and participants then hurl turnips and snowballs at them. This year they expect

to use more than 20,000 kilograms of turnips.

Even though the exact origins of the festival are not known, various theories exist including the mythological punishment of Caco by Hercules, a relation to ceremonies celebrated by

the American Indians that were seen by the first conquerors, to a cattle thief ridiculed and expelled by his village neighbours.

It is generally believed to symbolize the expulsion of everything bad.

GETTY IMAGES

Clickbait



LUKE SIMCOE
Metro Online

Back in the days of dial-up modems and cellular phones the size of bricks, people had to rely on their own willpower to break bad habits like smoking or tardiness. Fortunately, in our disruptive, technologically-enabled world, we can now get an assist from our smartphones when tackling character flaws and other foibles. Whether you suffer from vertical-video syndrome or can't stop hitting the snooze button, here are a few app suggestions for self-betterment:

Carrot:

Billed as a sentient, talking alarm clock, Carrot is more like a surly version of Apple's Siri. Carrot will reward you for completing tasks on your to-do list, but the app isn't afraid to berate you if it thinks you're slacking off. (meetcarrot.com)

Using the phone's built-in accelerometer, it forces you to walk a few steps before it shuts off. It helps that the app's alarm noises are restricted to a screaming male or female voice. (iTunes store)

Horizon:

Vertical video syndrome, or VVS for short, is the scourge of amateur videographers and YouTube fans alike. Fortunately, the viral video faux-pas has met its match in Horizon, a new app that forces your camera to shoot horizontal video no matter how you hold your phone. (evilwindowdog.com/horizon)

Walk Up:

This handy iPhone app helps you beat back the allure of the snooze button.



CONTRIBUTED

Twitter



@phronk: I'd say @MsMorganSmith is my favourite person in television.

@sakuragirl13: All I know is that I've NEVER seen her take an actual bite of the food she's holding...

@metropicks asked: What do you think of the redhead in the new Wendy's commercials? Love or hate her? (See story, page 14)

@fakeGAINER: All "No Smoking" signs come down when she's dining in because she is SMOKING hot baby! #wendys #hotredhead

Follow @metropicks and take part in our daily poll.

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2 SCENE

When you're the woman for Wendy's

Morgan Smith.

Actress who plays chain's red-headed spokeswoman thinks gingers need to be given more credit

CYNTHIA
BIGRIGG

scene@metronews.ca

What has red hair, freckles, is quick to burn in the sun and lacks a soul?

If you answered "a ginger," the new Wendy's girl wants you to reconsider.

"I think redheads get a lot of attention because they're few and far between," said actress Morgan Smith, star of the Wendy's commercials and a natural dark blond. "They're kind of like the unicorns of modern day society."

"I don't want to seem hypocritical, because I'm not a natural redhead," she added. "I think we have to give them a bit more credit and stop picking on them, because they are fascinating creatures."

The 29-year-old small-town Alabama native credits Danny Kaye, Judy Garland and Lucille Ball — all red-haired actors — with inspiring her to get into acting. "I was four years old, acting out the Wizard of Oz in our living room, so my love for it started then," said Smith.

Admittedly shy as a child, Smith discovered at an early age that acting brought her out of her shell and gave her a way to express herself.

Small-town Smith

- Morgan Smith says she always knew she wanted to move to New York City and perform. Despite years of preparation, culture shock still struck when she arrived in The Big Apple. "It was a bit intimidating. I don't think there is anywhere else in the United States where you are surrounded by as many people as you are on a New York subway platform."

With three red-headed performers as role models, it's little wonder Smith jumped at the opportunity to colour her locks a fiery red and become an honorary ginger for her role in the most recent Wendy's commercials.

In the commercials, Smith plays a sassy, fun, good-natured young woman, enticing everyone from her co-workers to strangers in a grocery store to try Wendy's products. Her humorous and likeable character has captivated audiences across North America.

"It was a big job," Smith said of the audition process. "I never thought: 'Oh, I got this.' I was just crossing fingers and toes and hoping that I was able to do my best there."

"It's given me a ton of exposure. You have to be forever grateful and very flattered when a company will trust you with their brand. So I don't take it lightly."



Morgan Smith is the perky redhead in the Wendy's commercials. CONTRIBUTED

With the commercials Smith stars in being heavily circulated, she has received big-time attention — positive and negative — online. Websites idolizing the actress are abundant, but others, such as the 'I hate the Wendy's Girl' Facebook page, are also prevalent.

"I try not to let it affect me at all. I try to just live my life like the same ol' Morgan," the actress said of the sites that are dedicated to her. "I had no idea people would be so opinionated over a 30-second ad. I think the Internet has given people

a forum to say whatever they want without consequence. If that's something they want to put their time into, I appreciate the positive, and I'll take the negative with a grain of salt," she said. "I know it's out there, I'm well aware. Nobody is universally liked, so it's all about perspective."

Mum's the word on what is next for the actress. "I'm still working on some other stuff. Some really interesting things have presented themselves, we're just looking for the right opportunity."

Opinion

On the web of fame...

In 2012, documentarians Ian Roumain and Michael Schwartz featured 16 lesser-known male actors who worked in film for a long time. You wouldn't know their names, but you have — without question — seen their work, recognizing them as, That Guy ... Who Was In That Thing (also the name of the documentary). You might have the same reaction if you ran into Morgan Smith, the current face of Wendy's advertising campaigns. But, here's the thing: she's also Internet famous. Anyone can publish an opinion online, and they're talking a lot about Smith, predominantly known for pimping burgers and fries in 30-second spots for Wendy's. Diatribes like An Open Letter To Wendy's, on the Advertising By Design blog, feature a 500-plus word essay from Meagan McNulty on why Smith just isn't working for her, while PolicyMic has an article titled 3 Reasons Why Dating the Wendy's Girl Would Suck. If you're wondering why so many have so much to say about Smith, look no further than Arianna Huffington's take on why The Huffington Post's popularity continues to grow: "Self-expression is the new entertainment," she says. People have always had an innate desire to express their views and the Internet made it happen. In a world where everyone is a publisher, those 30-second spots are getting Smith (and others) more than their 15 minutes of fame.

MITCH JOEL IS PRESIDENT OF TWIST IMAGE AND AUTHOR OF SIX PIXELS OF SEPARATION. HIS NEW BOOK CTRL ALT DELETE IS IN BOOKSTORES NOW.

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MIND THE APP

Kris Abel
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No one enjoys telling self-aggrandizing Hollywood stories more than Bob Evans. Does he narrate his own books? Sure. Goes off-script? You bet. His often-mimicked humble brag tone is an unintentional delight and because he was head of Paramount during *The Godfather*, delivers good stuff. Deluded? Yes, but slickly presented, really slick with video, audio, and scanned memorabilia. Not bad, Evans.

Box office

Ride Along arrests rivals

Ride Along arrived in first place at the weekend box office. The buddy cop comedy featuring Kevin Hart and Ice Cube debuted with \$41.2 million, according to studio estimates Sunday. Universal's Navy SEAL drama "Lone Survivor" starring Mark Wahlberg, Taylor Kitsch, Emile Hirsch and Ben Foster earned \$23.2 million in second place in its second weekend in wide release. **THE ASSOCIATED PRESS**

Christopher Nolan comes full circle at Slamdance Film Festival

Founder's Award.

Filmmaker receives newly created prize, waxes positive about indie film fest

Batman Trilogy director Christopher Nolan, one of Hollywood's biggest success stories, returned Saturday to the tiny hotel screening room where it all began for him.

The British filmmaker behind the multi-billion-dollar Batman franchise and also *Inception*, another global hit, was at the Slamdance Film Festival to receive the newly created Slamdance Founder's Award, recognizing both his astounding 15-year-climb to the top and the fest's 20th anniversary.

It was at the 1999 edition of the then-fledgling Slamdance, an upstart rival to the bigger Sundance Film Festival further down Main St., in Park City, Utah, that Nolan premiered his first feature, *Following*, a mystery thriller he shot on weekends with friends for the equivalent of \$6,000 (U.S.).

He screened it in the makeshift movie theatre off the hotel lobby that Slamdance uses inside its headquarters at the rustic Treasure Mountain Inn.

It's an extremely cramped space with an official seating capacity of 140 people, although it looked as if at least a couple of dozen more were wedged in to see Nolan receive his award, which is shaped like a small movie camera sprouting wings.



Christopher Nolan received the Slamdance Founder's Award on the weekend in Utah. GETTY IMAGES

"It seems an incredibly long time since I was here last . . . but it feels like only yesterday," said Nolan, 43.

"And for those of you wondering, this room hasn't changed in the slightest!"

Nolan said he was thrilled to receive honours handed to him by Slamdance co-founder Peter Baxter, because the festival continues to support many independent and first-time filmmakers.

"It's a true community of filmmakers and that's a thing that's much more rare than you'd expect to be in the world, frankly."

The recognition from Slamdance in 1999 gave Nolan the leg up he needed to secure the

money to make and distribute his next film, *Memento*, a mind-puzzler about a man with a failing memory, played by Guy Pearce, who is trying to find out who raped and murdered his wife.

Memento screened at Sundance in 2000 and went on to become a cult hit.

The Batman Trilogy — *Batman Begins*, *The Dark Knight* and *The Dark Knight Rises* — followed in the years after that, along with *Inception* and other noteworthy films.

Dressed as usual in a business suit and open-necked dress shirt, Nolan used the occasion to give some advice to the many rookie filmmakers

in the room who were hanging onto his every word.

"What Slamdance teaches you is that whilst it's wonderful to have a great community around you of filmmakers, you have to be prepared to do everything yourself..."

"The truth is, you have to be prepared to carry the flag for a film when nobody else will. If you're not prepared to do that, then nobody else will bother."

Taking questions from the audience, Nolan put to rest the long-floated rumour that *Memento* was originally supposed to star Brad Pitt instead of Pearce, but Nolan had turned the superstar down.

Quoted

"What Slamdance teaches you is that whilst it's wonderful to have a great community around you of filmmakers, you have to be prepared to do everything yourself..."

Christopher Nolan on filmmaking

"He turned me down!" Nolan said, as the room erupted in laughter.

"He did read the script and he met with me about it when he didn't have any reason to know who I was or anything about it."

Pitt ultimately decided the role wasn't for him. Added Nolan: "I have no idea how he read (the script), because I didn't send it to him."

The session had a surreal moment when a female audience member dressed in full Wonder Woman regalia started peppering Nolan with questions about the casting of actors for superheroes, apparently offering herself for a future film. A baffled Nolan politely moved to another questioner.

Slamdance's Baxter said he can't believe that nobody had noticed Nolan's filmmaking talent before he came to Park City in 1999.

"It seemed so obvious to me that here was a great new filmmaking voice who was going to advance storytelling and film production, and other Slamdance programmers agreed!"

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Madonna

Madonna's Instagram quips not really in Vogue

Madonna can't seem to win when it comes to Instagram and her 13-year-old son, Rocco Ritchie. The singer is on the defensive again, apologizing for poor word choice in the caption of a photo of her son boxing. "I am sorry if I offended anyone with my use of the N-word on Instagram. It

was not meant as a racial slur. I am not a racist," she said in a statement over the weekend. "There's no way to defend the use of the word. It was all about intention. It was used as a term of endearment toward my son, who is white. I appreciate that it's a provocative word and I apologize if it gave people



Dennis Rodman

First North Korea, then rehab

This might explain some of his more outrageous recent behaviour: Dennis Rodman has checked himself into an East Coast rehab facility to treat his alcoholism, according to CNN. Rodman, who has been

in the news for his goings-on with North Korean dictator Kim Jong Un, most recently exploded at a CNN reporter during a live interview, and he later blamed his actions on his drinking.

Notice of Hearing for Permanent Guardianship Order To Shannon Stonechild

Take notice that on the 7th day of February 2014 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship Order**; of your child born on **January 11, 2013**. If you wish to speak to this matter in court, you **MUST** appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director. *You will be bound by any Order the Judge makes.*

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Diane Charlebois; Jackie Elice; Daniella Eggink

Calgary and Area Child and Family Services Authority

Phone: (403) 297-2978

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop Goes the Week



Ke\$ha and mom spend time together



STARGAZING
Malene Arpe
scene@metronews.ca

Ke\$ha's mother checked into the same rehab as her daughter. "Well, good," said the rehab counsellor. "There's one less pesky issue I have to waste my time getting to the bottom of."

Oprah is apparently shocked and surprised that working with Lindsay Lohan has been difficult. Staying informed: apparently not one of Oprah's favourite things.

While ex Robin Wright got engaged to Ben Foster, Sean Penn made out with Charlize Theron and Robin and Sean's daughter Dylan was seen canoodling with Steven R. McQueen

(who is, FYI, the grandson of Steve McQueen). Robin and Sean's son Hopper was all like, "And you wonder why I never, ever leave the house."

Jessica Simpson's sister Ashlee got engaged to Diana Ross' son Evan. Said the Wright-Penns, "That's cute. Whatever."

Modern Family's Sarah Hyland says that Taylor Swift is "just the most down-to-earth person." "Except," she continues, "Taylor's earth is made from the ground-up, cursed bones of her ex-boyfriends. And it is, of course, covered in carpets woven of gold-thread and fake self-deprecation."

Justin Bieber's silly egg-ing incident has clearly been blown completely out of proportion. Can't a man-boy visit his neighbour and offer him a nice, warm plate of Eggs Biebertdict without being accused of a crime?



Joe Jonas ALL PHOTOS GETTY IMAGES

Joe Jonas is Burnin' Up L.A. streets as a cab driver

In today's edition of "One-Time, Sort-of Celebrities: Where are They Now?" Joe Jonas is currently driving a taxi in Los Angeles. For real. It seems Joe couldn't rest on the laurels of any Jonas Brothers residuals (probably because there aren't any) after the boy band broke up a few months back, and had to get a real job — a real job driving an Uber cab in L.A., an image just slightly sadder than that time 'N Sync "reunited" at the VMAs.

Twitter user @lindseyfarwell and some friends ordered

a cab through the popular Uber taxi app last Thursday and got the thrill — OK, the mild surprise — of a lifetime when the driver of their cab turned out to be the one-time boy band star. According to her tweet, "Today @millsbopp and I got in an @Uber and @jojonas was our driver and we went to Pinkberry and then took a selfie." But from the looks of the selfie she posted, it seems like Jonas is a good sport and sort of weirdly happy to be driving a cab instead of driving tween girls wild.



Johnny Depp

Have you Heard those wedding bells, Johnny?

While Johnny Depp shared 14 years together — and two children — with Vanessa Paradis, he always maintained marriage wasn't that important to him. "I never found myself needing that piece of paper," he told Extra in 2010. Well, apparently he's changed his tune, as Depp has reportedly proposed to girlfriend Amber Heard, according to People magazine. "They couldn't be happier to be

engaged and excited to share the rest of their lives together," a source says. Depp and Heard, who met while filming The Rum Diary, went public as a couple shortly after he split from Paradis in 2012. Prior to settling down with Paradis, Depp was married once before — briefly, at age 20 — and was engaged at various points to Jennifer Grey, Sherilyn Fenn and Winona Ryder.

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IT'S ALL
RELATIVE
Kathy Buckworth
kathybuckworth.com

Extreme weather conditions across the country have resulted in record numbers of airport shutdowns, cancelled

flights and disgruntled travelers scrambling to salvage their anticipated vacations.

Throw in a family member with the flu and justifying the purchase of trip interruption or cancellation insurance becomes easy.

Prices vary, but usually this type of insurance has a reasonable cost compared to the potential lost value of the vacation. Let's see. Coverage: trip cancellation

(for medical reasons), trip interruption, meals and accommodation, (trip) transportation, missed connection benefit, travel delay (per day max.), delays of your scheduled carrier, next occupancy. Coverage can vary so check your insurance provider's policy.

Cost: Depending on the price of your trip, where you are travelling, and what you

choose to cover within the policy. It is typical for the insurance company to cap the value of your vacation at a certain amount.

Where to buy it: It can be as easy as going online. Visit pcinsurance.ca to get a quick quote, and purchase insurance immediately. Out of country medical is also offered. **KATHY BUCKWORTH IS THE AUTHOR OF I AM SO THE BOSS OF YOU.**

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Read the latest Metro content from Lyranda Martin Evans and Fiona Stevenson, authors of the hilarious, bestselling book *Reasons Mommy Drinks* at metronews.ca/voices.

Teens baring their souls online

Mental health. From YouTube videos to tweets, teens are sharing thoughts and feelings with strangers. But is that a good idea?

Chiara de Blasio helped get her dad elected mayor of New York City. But recently, the 19-year-old did something else: She bared her soul on YouTube about her battle with depression and substance abuse. The idea, she said, was to urge others to get help.

Today's teens are notorious over-sharers on social media, but does Chiara's revelation symbolize something else? What inspires young people to publicly disclose their depression, drinking and drugging, eating disorders or struggles against suicidal thoughts?

"I think in general that it's healing for people to be honest. I also think in the admissions context that it's very challenging and problematic. I would advise a child to go very gingerly," said Carol Barash, founder and CEO of Story to College, a Manhattan-based non-profit that has worked with thousands of students on how to shape personal narratives for



As more teens share personal issues online, experts warn them to be cautious in what they reveal. ISTOCK

college essays and scholarships. "There's a difference between telling your friends and the whole world," she added. "Most kids don't have a PR team to help them through what could happen (and) all the fallout from doing that brave, courageous thing."

Something between 13 and 20 per cent of kids and adoles-

cents in the U.S. aged three to 17 experience a broad range of mental disorders in a given year. Those numbers appear to be increasing, according to a recent report from the Centers for Disease Control and Prevention, which looked at data over multiple years from multiple sources.

Suicide, for youth aged 12

to 17, was the second leading cause of death in 2010, the report said.

"We are seeing more public disclosure," said Cheryl Rode, senior clinical director for the non-profit San Diego Center for Children, which is under contract to provide services through San Diego County.

"Some of it is because of the

movement of social media but some of it is also within the field of mental health. There's a large focus on stigma reduction," she said. "Many teens feel like they're the only ones experiencing whatever it is they're going through, and so when others are speaking up, it makes it a little bit safer. Talking about mental health is really important."

But talking to whom? That, she said, is an "individual and personal decision" that should definitely include parents.

"Most kids, when they're sharing, are sharing more impulsively," Rode said. "I would not say parents should encourage publicizing to a mass audience their youth's mental health status. You lose control of it. Disclosing in a more limited personal way is a better way of building support."

While trying to lessen stigma over mental health diagnoses and substance abuse, Los Angeles child and adolescent psychiatrist Anandhi Narasimhan also cautions that public disclosure remains risky for young people, especially when "coming out" at school or in the college admissions process.

"It depends on the admissions committee and who reads the essay. You just don't know," she said.

THE ASSOCIATED PRESS

3 FILE



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Ingredients

- 8 oz raw boneless, skinless, chicken breast
- 1/2 lb fettuccine
- 1 cup low-sodium cold chicken (or vegetable) stock
- 3/4 cup evaporated 2% milk
- 1/2 tsp Dijon mustard
- 1/2 tsp pepper
- 1 tsp finely chopped garlic
- 2 tbsp all-purpose flour
- 1/4 cup diced light cream cheese
- 6 tbsp grated Parmesan cheese
- 1 cup sliced snow peas
- 1 cup sliced yellow bell pepper
- 2 tbsp chopped fresh basil

Traditional Fettuccine Alfredo made with butter, cream and cheese, is better known as "heart attack on a plate". It is definitely not recommended on a regular basis due to the high calories, fat and saturated fat.

A restaurant version can have more than 1,000 calories and 45 grams of fat!

My adaptation is not only delicious but so much healthier with a fraction of the calories (410) and fat (seven grams).

The sauce in this version, uses stock, evaporated milk and light cream cheese to replace the commonly used, high caloric ingredients.

I add the chicken so that you have a lean protein with your carbohydrates and make it a complete meal.

You can always substitute the chicken with fish, seafood, tofu or lean beef. This

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Directions

1. In a grill pan or 400 F oven, cook the chicken breast for about 10 minutes or just until it reaches 160 F or is no longer pink. Let cool then slice thinly.

2. While the chicken is cooking, bring a large pot of water to a boil. Add the fettuccine and cook for 8 to 10 minutes



**TOTAL
TIME
ABOUT 22
MINUTES**

This recipe serves four. ROSE REISMAN

or until just tender. Drain and place it in a large serving bowl. Cover to keep warm.

3. Meanwhile, in a saucepan off the heat, combine the stock, evaporated milk, mustard, pepper and garlic. Slowly whisk in the flour until smooth. Place the saucepan over medium heat and bring to a slight boil. Re-

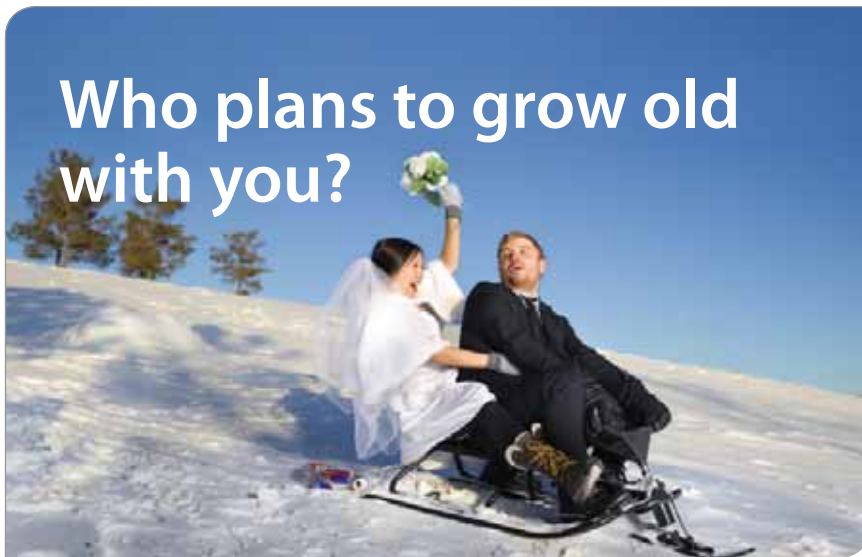
duce the heat and simmer, whisking constantly, for 4 to 5 minutes or until slightly thickened. Remove from the heat and whisk in the cream cheese and 4 tbsp of the Parmesan cheese, whisking just until the cheese is melted. Set aside.

4. Lightly coat a nonstick skillet with cooking spray

and set over medium-high heat. Add the peas and bell pepper and sauté for 2 minutes or until warm but still crisp. Add to the cooked fettuccine, pour the sauce over the pasta along with chicken and toss. Garnish with the remaining Parmesan cheese and basil. Serve immediately.

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People from normal childhoods with normal lives don't end up homeless. Dave disagrees.

(Dave, in shelters for 12 years)



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Duo has got the simple, silly and spellbinding down to science

Video killed the afternoon bore.

Canadian pair behind AsapScience YouTube videos stunned by enormous success

Twenty-five-year-old University of Guelph grads Gregory Brown and Mitchell Moffit left school and started their professional lives with a goal of demystifying science for as many people as possible.

They've already succeeded far beyond their wildest dreams.

It was about a year and a half ago when Brown and Moffit launched the YouTube channel AsapScience, with a video entitled How to SEE or HEAR the Big Bang.

Neither appears on screen in the quick two-minute video, which is narrated by Moffit and illustrated by Brown with simple drawings on a dry-erase whiteboard.



Featuring simple diagrams and oftentimes hilarious voiceovers, AsapScience's videos stimulate both the brain and the funnybone. YOUTUBE

AsapScience's videos weren't an overnight sensation, but soon enough, web lessons explaining the science behind overeating, weight loss, orgasms, blushing, flatulence, pornography addiction and sleeping started going viral.

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting. So it kind of grew out of the idea of wanting to share the awesome things we had learned," said Moffit. "Trick them into learning science."

So which one was it?

- AsapScience's most popular video to date — with more than 14 million views in about a year — examines the age-old question of which came first, the chicken or the egg?



Asap co-creators, from left, Gregory Brown and Mitchell Moffit. YOUTUBE

to worry about who was talking to you," said Moffit.

"And with the whiteboard we're trying to make it less scary," added Brown.

"People are scared of science, it's hard. But it's fascinating, it's fun, it's totally not those things it has the (bad) reputation of being."

What started as a hobby turned into full-time work for the duo, who have hired their first staffer to help run their rapidly growing operation, based out of their Toronto home.

"It's amazing how you don't need that much to create a following like we've created," said Moffit.

"I remember hitting 10 million views and being like, 'Oh

You, you, you, oughta know

"(We wanted to) reach people who might think they're not interested in science but if they really knew some of the cool stuff that was actually integrated in their own lives, maybe they'd find it interesting."

Mitchell Moffit,
co-creator of AsapScience

my God, that's so insane, it's just so crazy, but we'll never hit 100 million.' And now we're almost at 200 million."

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THE FUTURE IS NOW EVENING KEYNOTES ON EDUCATION

The Calgary City Teachers' Convention Association would like to invite the public to a thought-provoking evening on the **Future of Education** featuring Author & Researcher **Joel Westheimer** and Science Broadcaster & Beakerhead Co-Founder **Jay Ingram**. **Thursday, February 13, 2014** from 6:45-9:30 pm (doors at 6:00) in the Macleod Hall at the Calgary TELUS Convention Centre.



Jay Ingram



Joel Westheimer

Tickets are \$15 for the public and can be purchased through the convention website at

www.cctca.com



Study up on saving

Cash on campus.

Structures like an envelope system and spending diary create ways to curb the splurge

VICKI
SALEMI

Metro World News

The good news: there's no time like the present to start getting into healthy spending habits and paying attention to your bank account right here, right now. The bad news? With an abundance of options to spend, spend, spend on campus, university life can become a ripe environment for negative cash flow.

But it doesn't have to become your story. There are several strategies to get a hold of your finances as a student. If your hall mates order out every night and you can't afford to do the same, Stacy Francis, president and CEO of Francis Financial, suggests bringing your own food to those dorm dinners. "If anyone asks," she



Enjoying time with your friends doesn't need to be expensive. iStock

says, "let them know that you are saving up for a special trip or purchase."

Another habit is a spending diary. Francis says this is particularly helpful when you start tracking expenses to create a budget. It's just what you think it is: Track everything you spend and then analyze the month.

Francis advises, "Review your spending patterns and figure out where you could cut costs and where you can afford more leeway." Seeing how much money's being spent on restaurants, clothes and other items could be surprising. Francis says "having a big picture view of how you spend is very effective and necessary."

Plus, you can always kick it old school. Francis suggests

Toonie-saving tips

- Utilize your pre-paid meal plan.
- Use cash for everything.
- Buy used books.
- Stock up on groceries and snacks when you're home.
- Suggest less expensive ways to hang out with friends like working out instead of going to the mall.

the envelope system. At the beginning of every month, make a budget and put specific amounts of money into envelopes that you've allotted for various categories like clothing, dining out and entertainment. As soon as the envelope is empty, it's lights out for that category. If you budgeted \$200 for groceries and only use that envelope of cash for the supermarket, as soon as that \$200 has whittled away, you can't spend more on groceries that month.

'Round the world wisdom

The fastest members do not the quickest team make

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.



LESSONS FROM
THE DESERT
Stéfán Danis
life@metronews.ca

Desert ultra-marathons can be entered either solo or as part of a team. The race is the same for both except for the fact that teams must have at least three members, they must start and finish the race together, and stay within 10 metres of each other at all times.



Look to the turtle when your road gets rough. iStock

During the Gobi's team race, less gifted runners won the battle because they acted as a single cohesive unit.

The challenges that accompany team running are obvious. At no time can you run your own race. You are constantly running at someone else's pace: whoever is weakest at that moment. Having run two deserts as part of a team, I learned that one must let go of individuality and put the team first. Although a simple concept, it is

difficult to adhere when experiencing pain and suffering while your innate survival instinct of every-person-for-onself begs you to take over.

The winning team in the Gobi race was appropriately called Team Cohesion. They had an established leadership system, conflict resolution protocols and a high level of trust. Every breakdown was dealt with according to their pre-race agreement, minimizing the emotional responses one can make when under duress.

Cohesion was a team. Almost all the other teams, some vastly superior in skill, imploded and didn't finish. They ultimately became a group of individuals unable to handle setbacks or alter their expectations of each other.

When taking on a complex team-based project, consider having a contract of expectations with each member so you can finish and possibly win together.

STÉFÁN DANIS IS THE CEO OF NEXCA-REER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER

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NFL playoffs

Seahawks lay talons into 49ers

Russell Wilson threw a 35-yard touchdown pass on fourth down and Seattle's top-ranked defence forced two late turnovers, lifting the Seahawks into their second Super Bowl with a 23-17 victory over the San Francisco 49ers for the NFC championship Sunday.

San Francisco led 17-13 when Wilson, given a free play as Aldon Smith jumped offside, hurled the ball to Jermaine Kearse, who made a leaping catch in the end zone.

Steven Hauschka then kicked his third field goal, and Seattle intercepted in the end zone on the 49ers' final possession.

THE ASSOCIATED PRESS

Australian Open

Historic win lands Bouchard in quarter-finals

Eugenie Bouchard became the first Canadian in 22 years to reach the quarter-finals of a Grand Slam on Sunday by beating Casey Dellacqua 6-7 (5-7), 6-2, 6-0 at the Australian Open.

The 19-year-old from Montreal is the first Canadian since Patricia Hy-Boulais at the 1992 US Open to get this far at a major.

Seeded 30th, the victory could move Bouchard to as high as 21st on the WTA rankings. The last Canadian to rank in the Top 30 was Aleksandra Wozniak in 2009.

On Tuesday, Bouchard takes on former world No. 1 Ana Ivanovic, who ended Serena Williams' 25-match winning streak Sunday.

THE CANADIAN PRESS



Tom Brady congratulates Peyton Manning after the Broncos defeated the Patriots 26-16 in Denver Sunday to move on to the Super Bowl. KEVIN C. COX/GETTY IMAGES

Manning delivers KO punch to Brady bunch

NFL playoffs. QB leads Broncos to Super Bowl for a shot at 2nd ring

Peyton Manning stuffed the football into his helmet and handed it to an equipment man for safekeeping.

The connection: Flawless, as usual.

The keepsake: Certainly one he'll want to hang on to.

The Broncos quarterback had an answer for everyone Sunday, from Tom Brady to the New England defence

AFC championship

26	16
Broncos	Patriots

to anyone who thought he couldn't win the big one.

Manning is taking the Broncos on a trip to New York for the Super Bowl after another of his impeccably crafted victories, this time, a 26-16 win over the Patriots on

Sunday in the AFC title game.

"Being in my 16th season, going to my third Super Bowl, I know how hard it is to get there," Manning said.

Especially this time. Only three years ago, he could barely grip a football as he started the long comeback from surgeries that ravaged his neck and nerve endings. And only 53 weeks ago, he suffered a devastating loss to Baltimore in the divisional playoffs that derailed what looked like a Super Bowl trip in his comeback season.

But Manning will get his chance for a second Super

Bowl ring, after all. He'll try to become the first starting quarterback to win one with two different teams, at the Meadowlands on Feb. 2 against the Seattle Seahawks.

The Indy-turned-Denver quarterback improved to 5-10 lifetime against Brady, but is now 2-1 in AFC title games.

Though Manning threw for 400 yards, it was more dink-and-dunk than a fireworks show. Manning set up four field goals by Matt Prater and put his stamp on this one with a pair of long, meticulous and mistake-free touchdown drives. THE ASSOCIATED PRESS

Baseball analyst's tweet draws backlash



Tom Sestito of the Canucks and the Flames' Brian McGrattan crash to the ice during their fight in Vancouver on Saturday. The fights weren't limited to the ice as Canucks head coach John Tortorella got into an altercation with members of the Flames during the first intermission. THE CANADIAN PRESS

The fight-filled Calgary Flames-Vancouver Canucks game had altercations on and off the ice on Saturday night and now it's led to an online war of words.

Peter Gammons, an analyst for Major League Baseball's network and website, drew the ire of hockey fans on Sunday when he criticized the two NHL teams on Twitter for their physical game the night before.

"Calgary and Vancouver last night reiterated why the NHL is a minor sport," said Gammons (@pgammon) from his verified Twitter account.

The tweet referred to the Canucks' 3-2 shootout win over the Flames, which saw over 200 minutes of penalties and eight game misconducts.

"Seriously though, who is Peter Gammons? He has a puppy and flowers as his avatar," said professional golfer Graham DeLaet of Weyburn, Sask.

Fox Sports 1 anchor Jay Onrait, a Calgary native, quickly replied to DeLaet, comparing Gammons to TSN hockey analyst Bob McKenzie.

THE CANADIAN PRESS

In Gammons' defence

Jesse Spector, baseball writer for the Sporting News, defended Gammons' remarks to Sean Gentile, his hockey-reporting colleague.

- "@seangentile Basically, if you think Gammons is the only guy out there who sees last night and says 'minor sport,' you're kidding yourself," said Spector.

Crosby adds Captain Canada to his resumé



Sidney Crosby will serve as captain for Canada's men's Olympic hockey team.
BRUCE BENNETT/GETTY IMAGES

Olympic hockey. Sid the Kid given promotion while Toews, Weber named alternates

Sidney Crosby is the face of the NHL and hockey in Canada, so it's only natural that he'll be the country's captain at next month's Sochi Olympics.

The Pittsburgh Penguins captain, who scored the gold-medal-winning overtime goal against the United States in Vancouver four years ago, got the nod to wear the C this time around.

Jonathan Toews of the Chicago Blackhawks and Shea Weber of the Nashville Predators were named alternate captains, Hockey Canada announced Sunday morning.

"Playing for Team Canada, playing in the Olympics is a great opportunity," Crosby

Leading the women's team

Caroline Ouellette has been named captain of Canada's women's Olympic hockey team.

- The 34-year-old from Montreal already has three Olympic gold medals since joining the team in 1999.

told reporters at Penguins practice. "But being able to be named the captain is definitely an honour."

At the 2010 Olympics, Crosby was an alternate. Veteran defenceman Scott Niedermayer captained that team and said before his Hockey Hall of Fame induction in November that he had no doubt Crosby is ready to assume that role.

"He was probably ready when he was 16," Niedermayer said. **THE CANADIAN PRESS**

Luge. Gough finds silver lining in lead-up to Sochi

Alex Gough won a pair of silver medals while Kimberley McRae added a bronze at a World Cup women's luge event Sunday.

The Calgary native finished second, 0.674 seconds behind Germany's Natalie Geisenberger (one minute, 46.332 seconds), who captured the World Cup championship for the second straight year.

"I definitely didn't expect that ...," said Gough. "I think seeing your teammates do well does a lot for everyone to know it is not only the Germans that can get on the podium. To have two athletes from another

country on the women's podium is very rare."

McRae, also of Calgary, trailed Gough by 0.024 seconds for her first-career podium.

"It was amazing. To share it with Alex is pretty cool," McRae said. "Watching her get on the podium over the last few years has really helped me. It tells me I can do it and it is not always the same athletes that win."

This is the seventh consecutive year that Geisenberger finished ranked in the top three on tour and the 16th straight year in which a German woman won the season-long title. **THE ASSOCIATED PRESS**



Alex Gough won two silver medals on Sunday. JENS MEYER/THE ASSOCIATED PRESS

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Toronto	50	25	20	5	141	152	55
Detroit	48	21	17	10	121	130	52
Ottawa	49	21	19	9	139	155	51
Florida	48	18	23	7	111	147	43
Buffalo	47	13	27	7	86	133	33

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	48	34	12	2	156	115	70
NY Rangers	51	27	21	3	128	128	57
Philadelphia	49	25	19	5	134	140	55
Columbus	48	24	20	4	138	135	52
Washington	49	22	19	8	142	150	52
New Jersey	50	20	19	11	115	123	51
Carolina	48	20	19	9	117	137	49
NY Islanders	50	19	24	7	138	163	45

Sunday's results

Chicago 3 Boston 2 (SO)
Tampa Bay 5 Carolina 3
NY Rangers 4 Washington 1

Saturday's results

San Jose 5 Tampa Bay 4
NY Rangers 4 Ottawa 1
Winnipeg 3 Edmonton 2 (OT)
Detroit 3 Los Angeles 2 (SO)
Columbus 4 Buffalo 3 (SO)
Carolina 3 Florida 2
Toronto 5 Montreal 3
Philadelphia 6 NY Islanders 4
Phoenix 3 New Jersey 2
Anaheim 3 St. Louis 2
Colorado 5 Nashville 4
Minnesota 3 Dallas 2 (OT)
Vancouver 3 Calgary 2 (SO)

SCORING LEADERS

	G	A	Pts
Crosby, Pgh	25	43	68
Getzlaf, Ana	25	33	58
Tavares, NYI	22	36	58
Kane, Chi	23	33	56
Perry, Ana	27	28	55
Thornton, SJ	6	46	52
St. Louis, TBL	25	24	49
Sharp, Chi	25	24	49
Kunitz, Pgh	24	25	49

Not including last night's games

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	51	32	8	11	184	139	75
St. Louis	47	32	10	5	166	107	69
Colorado	48	31	12	5	142	122	67
Minnesota	51	27	19	5	125	125	59
Dallas	48	21	19	8	136	148	50
Nashville	50	21	22	7	121	151	49
Winnipeg	50	22	23	5	141	150	49

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	51	37	9	5	175	126	79
San Jose	49	31	12	6	158	121	68
Los Angeles	49	29	14	6	126	100	64
Vancouver	50	25	16	9	127	127	59
Phoenix	48	23	16	9	139	145	55
Calgary	49	16	26	7	109	156	39
Edmonton	51	15	30	6	131	181	36

Note: Two points for a win, one point for overtime loss.

Monday's games — All Times Eastern

Philadelphia at NY Islanders, 1 p.m.
Los Angeles at Boston, 3 p.m.
Florida at Pittsburgh, 7 p.m.
St. Louis at Detroit, 7:30 p.m.
Toronto at Phoenix, 8 p.m.
Dallas at Nashville, 8 p.m.
Calgary at San Jose, 10:30 p.m.

Tuesday's games

Los Angeles at Columbus, 7 p.m.
St. Louis at New Jersey, 7 p.m.
Ottawa at Washington, 7 p.m.
Florida at Buffalo, 7 p.m.
Carolina at Philadelphia, 7 p.m.
NY Islanders at NY Rangers, 7 p.m.
Minnesota at Dallas, 8 p.m.
Toronto at Colorado, 9 p.m.
Vancouver at Edmonton, 9:30 p.m.
Winnipeg at Anaheim, 10 p.m.

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS

Sunday's results

AFC — Denver 26 New England 16
NFC — Seattle 23 San Francisco 17

SUPER BOWL XLVIII

Sunday, Feb. 2 — At East Rutherford, N.J.
Denver vs. Seattle, 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	32	9	.821	—
d-Miami	29	11	.725	3 1/2
Atlanta	20	19	.513	12
d-Toronto	20	19	.513	12
Washington	19	20	.487	13
Chicago	19	20	.487	13
Detroit	17	23	.425	15 1/2
Brooklyn	16	22	.421	15 1/2
Charlotte	17	25	.405	16 1/2
Cleveland	15	25	.375	17 1/2
New York	15	25	.375	17 1/2
Boston	14	28	.333	19 1/2
Philadelphia	13	27	.325	19 1/2
Orlando	11	30	.268	22
Milwaukee	7	33	.175	25 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	32	9	.780	—
d-Portland	31	9	.775	1/2
Oklahoma City	31	10	.756	1
d-L.A. Clippers	28	14	.667	4 1/2
Houston	27	15	.643	5 1/2
Golden State	26	16	.619	6 1/2
Phoenix	23	17	.575	8 1/2
Dallas	24	18	.571	8 1/2
Memphis	20	19	.513	11
Denver	20	20	.500	11 1/2
Minnesota	19	21	.475	12 1/2
L.A. Lakers	16	25	.390	16
New Orleans	15	24	.385	16
Sacramento	14	25	.359	17
Utah	14	28	.333	18 1/2

d - division leader

Sunday's results

L.A. Lakers 112 Toronto 106
Orlando 93 Boston 91
San Antonio 110 Milwaukee 82
Oklahoma City 108 Sacramento 93
Phoenix 117 Denver 103
Monday's games — All Times Eastern
Dallas at Cleveland, 1 p.m.
L.A. Clippers at Detroit, 1 p.m.
Toronto at Charlotte, 2 p.m.
Philadelphia at Washington, 2 p.m.
Brooklyn at New York, 2:30 p.m.
New Orleans at Memphis, 5 p.m.
Miami at Atlanta, 5:30 p.m.
L.A. Lakers at Chicago, 8 p.m.
Portland at Houston, 8 p.m.
Indiana at Golden State, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

Whatever you're working on now will get done quicker if you get others involved — as equals. It may be your vision, but don't let your ego get in the way of success.

Taurus

April 21 - May 21

Cosmic activity in the career area of your chart will do your reputation good over the next few days, so put your doubts behind you and show the world you have what it takes.

Gemini

May 22 - June 21

You may be tempted to bend the rules but if you do you will regret it towards the end of the week when Mercury, your ruler, squares up to Saturn. One of the best times of the year is beginning. Don't cut corners.

Cancer

June 22 - July 23

It's a vital time for money matters, so think before you act and act only in your own best interests. You will, however, have to work closely with others. You won't get where you want to go on your own.

Leo

July 24 - Aug. 23

For the next few weeks, the Sun will be moving through your opposite sign of Aquarius, so opposition is to be expected. Make things easy for yourself: take others' needs and wishes into consideration more often.

Virgo

Aug. 24 - Sept. 23

Do what it takes to stay healthy and whole. If you don't you will find yourself under increasing physical, mental and emotional pressure as your workload increases and energy declines.

Libra

Sept. 24 - Oct. 23

If there is something artistic you have been thinking of trying, now is the time. With the Sun moving into the most dynamic area of your chart, you will make a name for yourself.

Scorpio

Oct. 24 - Nov. 22

Try to be more sensitive when dealing with emotional issues that involve others. The thing to remember is that some people are quite fragile. So, if they burst into tears, you're doing it wrong!

Sagittarius

Nov. 23 - Dec. 21

The pace of life is going to quicken over the next few days and you will have a lot of fun seeing how fast and how far you can go. But don't go so fast and so far that you risk having an accident. Pace yourself.

Capricorn

Dec. 22 - Jan. 20

The Sun is moving into the area of your chart that governs material things, which means it is time to consolidate the gains you have made since the start of 2014. Fortunately, you're not the sort to give anything away.

Aquarius

Jan. 21 - Feb. 19

The Sun moves into your birth sign today, heralding the start of a busy and fun time in your life. The things you do over the next few weeks will determine the level of success you enjoy over the few years.

Pisces

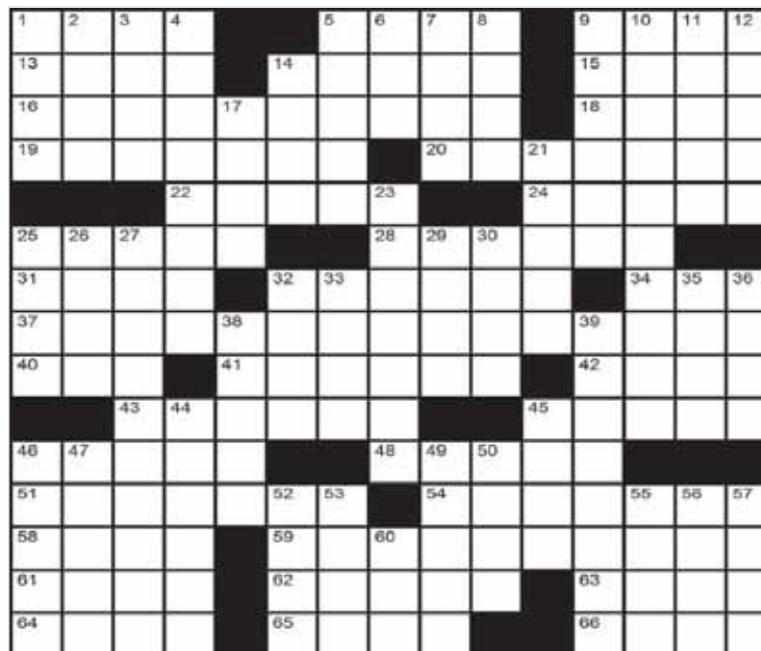
Feb. 20 - March 20

What happens over the next few days will make you less likely to crack under pressure in the future. Short-term difficulties will lead to long-term gains. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Folk classic: "____ Darling Clementine"
5. Criminally puncture
9. Mr. Vigoda's
13. US music trade org.
14. The Way of the Sword
15. Beachy mound
16. Library and Archives Canada: 395 ____ Street, in Ottawa
18. 'Eight'-meaning prefix
19. 'The Energy City' in Saskatchewan
20. Beach swimmer's device
22. Root veggies
24. Bar beverages
25. React to trying icky-tasting food: 2 wds.
28. Most peculiar
31. Had ____ (Lost it)
32. Dressy wear
34. Prune
37. Wild West's taking-matters-into-one's own hands: 2 wds.
40. Nourished
41. Trousers measurement
42. "____!" (Anthem opener)
43. Town in southwestern Manitoba
45. TV: "How'd You ____ Rich?"
46. Rainforest, for



Down

1. "Say as he says, ____ shall never go." - Hortensio, The
48. Enjoy the meal: 2 wds.
51. Debit card service in Canada
54. Wander about
58. Industrial region of Germany
59. "____ Canada" on CTV
61. Little bit of residue
62. Notions
63. Bruce Lee's role on '60s action series "The Green Hornet"
64. Wither
65. NB island in the Bay of Fundy, ____ Island
66. 'Gang' suffix

- Taming of the Shrew, Act IV, Scene 5
2. Cowboy's commands
3. Brewery ingredient
4. Trendy district of Vancouver
5. Music repetition mark
6. Mtn. blaster
7. Stirs
8. Beethoven's birthplace

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

26. Land lot
27. Jann Arden song: 2 wds.
29. Vu's partner
30. ____ up business
32. Finished: French
33. 'Air' suffix (Most breezy)
35. Wood sorrels
36. The Smurfs creator
38. Travertine placer
39. Figure skates have them, but hockey skates don't: 2 wds.
44. Come forth
45. Thickening gum
46. Chirpers
47. Habituate the hard way
49. Petal product in perfumery
50. CEO
52. In the centre of
53. 'Motor' suffix
55. Excellent, slang-style
56. Mediterranean resort of France
57. '____' Effort
60. Determine

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: 4°
MIN: -5°

TUESDAY



MAX: 3°
MIN: -5°

WEDNESDAY



MAX: 7°
MIN: -2°

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13T641 - HEMI V8 - 10,000 LB TOW RATING

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OR PAY **\$190** BIWEEKLY

LOANER
UNDER 500KM



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13C093

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13T594 - 7 PASSENGER V6

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2013 GRAND CARAVAN SXT
13T066 - DVD - BACKUP CAM - STOW N' GO

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2013 RAM 1500 BIGHORN 4X4
13T637 - CREW CAB - HEMI V8

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14J232 - NAV - 6-SPEED MANUAL

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OR PAY **\$215** BIWEEKLY



2014 JEEP WRANGLER SAHARA 4 DR.
14J231 - NAV - AUTOMATIC

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OR PAY **\$223** BIWEEKLY

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14J236 - REMOTE START - HEATED SEATS - 9-SPEED

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14J175 - 9-SPEED AUTOMATIC - POWER GROUP

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14J002 - CVP - PENTASTAR V6

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2014 GRAND CHEROKEE OVERLAND
14J222 - "THE WORKS"

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REM. START - 14J244A



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G6 GT
57,000 KM
V6 - SUNROOF
14J151A2



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